

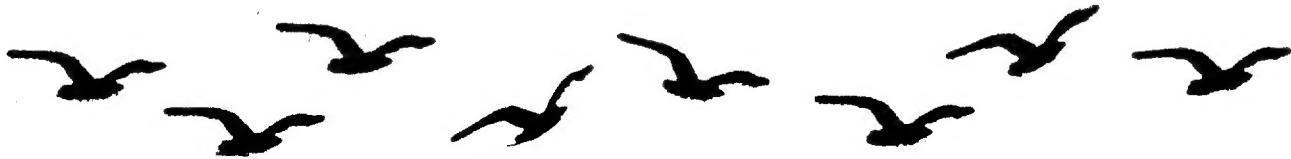


Q: I REALIZE THAT THE ENERGY CONVERSION BOX IS A TOOL TO DETACH MYSELF FROM DAY-TO-DAY CONCERNS, BUT I DON'T KNOW QUITE HOW TO USE IT. I DON'T KNOW WHAT TO PUT IN IT. I DON'T THINK ABOUT ANYTHING WHEN I'M LISTENING TO THE TAPES ANYWAY.

A: Obviously, you are able to leave daily distractions behind and don't have much need for this tool -- so much the better! Some people, however, carry on a constant "internal dialogue" about worries and concerns that take much of their attention. So, this part of the preparatory process can be a problem-solver. Take whatever is on your mind prior to beginning the taped exercise and transform it into a symbol before putting it in the box. A wallet can symbolize money, for example; a watch, frustration at not having enough time to do what you want. If you are experiencing pain, put that part or your whole body into the box. The idea is to symbolize whatever is a problem and put it away where it will not distract you during the taped exercise. After the exercise, you may find that the emotional content associated with the problem has lessened or completely vanished.

Q: I DON'T SEEM TO FEEL THE HIGH ENERGY STATES AND HAVE TROUBLE VISUALIZING WHAT IT SHOULD FEEL LIKE.

A: Everyone perceives his experiences in a different way, so these "high energy states" will not necessarily be visual. Some people report seeing light, color, and form, but others quite frequently perceive sensations. You may experience vibrations, what seems to be an electric tingling, or a shaking of your body, bed, or room. Some people hear a rushing sound, buzzing, voices, verbal messages, or even music. Others may just "know" when they have achieved these states. Just relax and observe your own perceptions without judging how you "should" feel. As you can "see", the perceptions may come in many forms!



Q: I UNDERSTAND THAT AFTER A WHILE WE REALLY DO NOT NEED THE TAPES TO ACHIEVE DIFFERENT STATES OF CONSCIOUSNESS. HOW DO I REMEMBER THE HEMI-SYNC SIGNALS?

A: It is true that with practice, you do not need the taped exercises to reach expanded states of consciousness. After you become proficient with an exercise, all you need to do is recall the sensations you experienced during what you consider to be your best, most effective response in the desired state. Simply take a deep breath and remember the state to trigger the change in consciousness. The more you perform the "one-breath technique", the easier and more effective it will become. See pages 34-35 in your Discovery manual for a discussion of the encoding process.

Q: SOMETIMES MY RESONANT ENERGY BALLOON (REBAL) SEEMS TO TIGHT AND RESTRICTIVE. ANY SUGGESTIONS?

A: The REBAL is a device for perceiving the non-physical energy that exists within and outside you. As such, it can take any form you wish. It can be a cozy cocoon or a huge field of energy, whatever is comfortable for you. The REBAL can help you move into other energy states. It is also a protection device, both during an exercise and in daily life. For example, people often put a REBAL around themselves, their cars, and their homes for protection. Again, create it in any form you desire that will be most effective and comfortable for you.

Q: DO YOU HAVE ANY SUGGESTIONS AS TO HOW TO BETTER CONTROL AN OUT-OF-BODY EXPERIENCE (OBE)? ONCE I GET OUT, I DON'T KNOW HOW TO "STEER" MY THOUGHTS.

A: You can practice control of an OBE by setting a goal before you begin. Then you won't need to decide what to do once you are "out". You may want just to float, to see a particular person, to go to a destination, or to contact a non-physical entity. If an OBE happens spontaneously, remember that in the second state thoughts are action. Whatever you think, that is what you do. At first it may be easier to think of a person and reach their energy than to try a destination. Any time you wish to return, simply think of returning to your body and/or move a finger or toe and you will be back.

Q: I CONTINUALLY FALL ASLEEP DURING THE TAPED EXERCISES. WHAT CAN I DO ABOUT THIS?

A: First, make sure you are rested before doing the exercise. Second, put the idea of sleep into your Energy Conversion Box. Third, if you are still falling asleep, try sitting up during the exercise. And fourth, practice, practice, practice! It is through continued practice that you learn to maintain that balance between deep relaxation and sleep.

Q: I'M HAVING DIFFICULTY FORMING AND CONTROLLING MY ENERGY BAR TOOL (EBT). SOMETIMES IT SWITCHES TO A TRIANGLE OR SEEMS TO BE AN EXTENSION OF MY OWN ARM. IS THIS NORMAL?

A: The Energy Bar Tool can take any shape which comes to mind. It doesn't have to be the same each time you use it and it can switch form while you are using it. The purpose of the EBT is not so much perception of a form, but the focusing and direction of non-physical energy. There are many uses for the EBT: Healing (Threshold #6 - Living Body Map), perceiving distant events and people (Freedom #2 - Remote Viewing), or as an entrance into other energy systems (Threshold #5 - Energy Bar Tool), to name a few. You are only limited by your imagination!